ARTS: FILL IN YOUR COMEDY CALENDAR

EDDIE IZZARD TOPS OFF A FUNNY SPRING IN BOSTON. PAGES 14-15

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Boston rap star Benzino shot at funeral
PAGE 02

The Hungry Girl diet keeps you feeling full
PAGE 16

There's a better way to learn
PAGE 17

Hit. Pitch. REPEAT.

MLB Preview. Expectations are sky high for the 2014 Red Sox as they come off their third World Series win in 10 years. **Back-to-back.** The odds are not in Boston's favor to repeat, as no team has accomplished the feat since the 2000 Yankees. **Righting the ship.** The Sox are counting on a Jake Peavy resurgence at the back of their rotation. PAGES 20-21

The last time we saw the Red Sox in non-exhibition action, they were celebrating their third World Series crown in 10 years. / GETTY IMAGES

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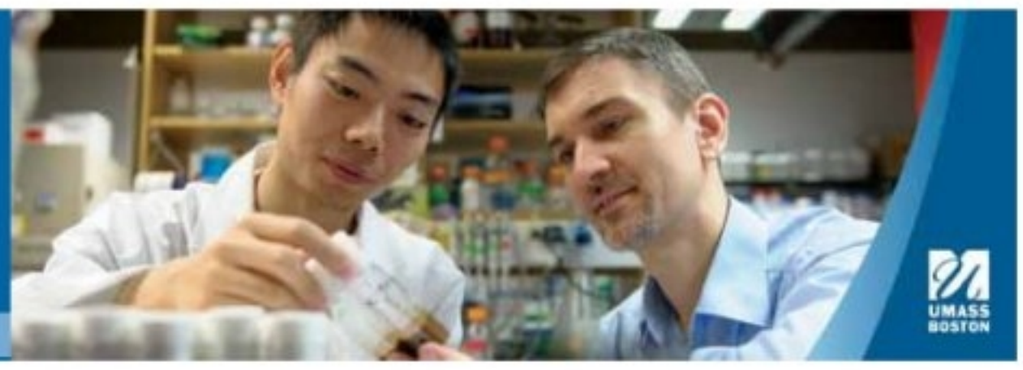

1 NEWS

Top 3

What's trending on Metro.us

1 'VIDEO: 'Teenage Mutant Ninja Turtles' 2014 official movie trailer, plus creepy GIF'

2 'Elton John to be a May groom'

3 'Piers Morgan bids farewell to CNN with plea for gun control'

Today's tweet

"There is only one area in #boston that the jukebox can go from "sexy boy", to little drummer boy, to kid cudi. That's #Southie"

@DMerc83, on South Boston's eclectic musical taste

Criminal activity

Cops seize gun, drugs in Roxbury

Boston police arrested a 28-year-old Dorchester man after they allegedly caught him with a gun and drugs.

Police said officers executing search warrants on Friday in the area of Walnut Park in Roxbury stopped Jason White and allegedly found him with several plastic bags of pot and $2,100 in cash. Officers searched his home and allegedly found more marijuana, a loaded handgun and drug paraphernalia. He faces several charges including illegal gun possession and drug possession with intent to distribute. METRO

MBTA arrest

Dorchester woman allegedly peddled pills on Red Line

Transit Police arrested a Dorchester woman over the weekend for allegedly selling prescription drugs on a Red Line train.

DONAHUE
TRANSIT POLICE

Rebecca Donahue, 42, was arrested Saturday afternoon after she allegedly accepted money in exchange for Klonopins as the train was stopped at JFK/UMass station.

Her alleged customer, 30-year-old Michael King, was also arrested at the scene. The duo is due in court today. METRO

Court date today for nephew charged with shooting uncle

Family feud. Benzino, a hip-hop artist and reality TV star, is in the hospital after Saturday's funeral procession shooting.

The nephew of a hip-hop artist and reality TV star is due in a Plymouth County courthouse today after he allegedly shot his uncle during a family funeral procession over the weekend.

Authorities charged Gai Scott, 36, of Randolph, with armed assault with intent to murder, according to the Plymouth County district attorney's office.

Prosecutors said that Scott and Raymond Scott, who goes by the name "Benzino," were driving next to each other during a funeral procession along Route 3 southbound in Duxbury Saturday when the younger Scott, riding in his Bentley, allegedly shot at his 48-year-old uncle who was driving a red Dodge SUV. The funeral procession was for Raymond Scott's mother, Mary Scott of Dorchester.

"There has been growing family tension between Raymond Scott and Gai Scott," the Plymouth County district attorney's office said in a statement.

Authorities said Gai Scott fired several times, but did not say how many times Raymond Scott was hit.

Raymond Scott suffered injuries that were not life-threatening, authorities said.

He sent out a message to his nearly 180,000 followers on Instagram on Sunday, which was accompanied by a picture of him in his hospital bed.

"Feel much better, GOD IS REAL ... MY MOTHER TOUCHED ME, IM CERTAIN," he said.

MICHAEL NAUGHTON
@MetroBosMike
michael.naughton@metro.us

Hip-hop mogul

Benzino's bio

Raymond Scott, the 48-year-old hip-hop artist known as "Benzino" has a history in the industry.

Scott appears in the VH1 series "Love & Hip Hop Atlanta" and was the co-founder of The Source, the popular hip-hop music magazine, according to his biography on VH1.

He is also the host of "Zino After Dark," an Atlanta-based radio show.

Scott is also the creator of Hip Hop Weekly, an urban entertainment magazine.

In a post on its website, Hip Hop Weekly said Scott was shot in the arm and grazed by a bullet on his back.

His fiancee and friends are by his side, the magazine said.

Quoted

"There has been growing family tension between Raymond Scott and Gai Scott."

Plymouth DA's office

"BENZINO"
GETTY IMAGES

Services this week for fallen firefighters

Fallen firefighters Kennedy and Walsh will be honored. / NICOLAUS CZARNECKI/METRO

The two Boston firefighters who died battling a massive 9-alarm blaze in the Back Bay will be laid to rest this week during back-to-back funeral services.

State and local firefighters unions — the Professional Firefighters of Massachusetts and Local 718 — said that a wake for Lt. Edward Walsh will take place Tuesday from 3 p.m. to 8 p.m. at St. Patrick's church in Watertown. A funeral Mass will be said at the church on Wednesday at 10:30 a.m.

Also, Wednesday, the wake for Firefighter Michael Kennedy will take place from 4 p.m. to 8 p.m. at the P.E. Murray Funeral Home in West Roxbury.

A funeral Mass will be said Thursday at 11 a.m. at Holy Name Church in West Roxbury.

Walsh and Kennedy died Wednesday when they became trapped in the basement of 298 Beacon St. where a massive fire broke out. MICHAEL NAUGHTON

To donate

A fund has been established to help the families of the fallen firefighters.

- Donations can be made by going online to www.bosfirecu.com.

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Tsarnaev lawyers seek secret data on dead older brother

Trailing Tamerlan. Attorneys for the accused Marathon bomber are digging for information on the late Tsarnaev brother.

Tamerlan Tsarnaev / FBI

Lawyers for the accused Boston Marathon bomber on Friday asked a judge to order U.S. prosecutors to hand over more information, including surveillance data, on his late older brother in order to assess the relative blame of each man in the attack.

Dzohkhar Tsarnaev, who is charged with killing three people and injuring 264 with homemade bombs at the marathon and shooting dead a university police officer a few days later, faces the threat of execution if convicted of the worst mass-casualty attack on U.S. soil since Sept. 11, 2001.

Defense attorneys said any evidence that suggests older brother Tamerlan Tsarnaev, who died after a gunfight with police while the pair were preparing to flee Boston a few days after the attack, could boost the 20-year-old surviving Tsarnaev's chances of avoiding the death penalty if convicted.

A Congressional report released on Wednesday showed the U.S. investigated the elder Tsarnaev after a 2011 tip from Russian authorities that he may have become radicalized.

"Any evidence tending to show that Tamerlan supplied the motivation, planning and ideology behind the Boston Marathon attack, and that his younger brother acted under his domination and control, is 'material,'" defense attorneys said. **REUTERS**

At least it wasn't snow

New Englanders splashed their way through a wet weekend with some communities getting as much as four inches of rain. Here, pedestrians make their way through wide puddles on Saint James Avenue in Boston Sunday. / NICOLAUS CZARNECKI/METRO

Television

NBC's 'Biggest Loser' to hold open casting in Revere

NBC's popular reality competition show "The Biggest Loser" is coming to the Boston area in search of contestants for its next season.

The show, which chronicles the weight loss of extremely overweight people, is holding an open casting call in Revere on April 12. The casting call will take place at the Planet Fitness on Charger Street from 10 a.m. to 6 p.m.

Casting scouts are looking for families of four or more (all who have to be at least 18 years old), as well as individuals and former athletes.

"If you have at least 100 pounds to lose, we strongly encourage you to apply," the show's casting website said. "This is a once in a lifetime opportunity to lose the weight and compete to win $250,000!" **METRO**

"I had Hodgkin's lymphoma. Luckily, I also had the Health Connector."

Dave Gilloran
Malden

"I was at my restaurant job, and a coworker could feel a weird lump on my back. I had signed up for insurance at the Health Connector, so I had a doctor check it out during a physical. It was Hodgkin's lymphoma. I guess you never know."

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Night life

First late-night T run called a success

The MBTA enjoyed a smooth first run of late-night service over the weekend, with no transit arrests and overwhelming reports of customer satisfaction.

The new pilot program extends the T's hours by about 90 minutes for subway lines and key bus routes. Under the program, the last subway trains depart downtown stations at about 2:30 a.m. Saturdays and Sundays.

"It went very well," MBTA Spokesman Joe Pesaturo said Sunday. "A lot of people took advantage of the new service — no problems."

Pesaturo said that while he was riding a Green Line train around 2:30 a.m. Saturday he witnessed passengers chanting "M-B-T-A." He also pointed to "many terrific comments" on social media — something fairly rare for the T.

"Late night #mbta appears to be a success! 2 a.m. and Park Street is packed," @ShearerThanYou tweeted early Sunday. Fellow passenger @ECBrads wrote, "Late night service paying off two nights in a row. Thank you."

MORGAN ROUSSEAU

The MBTA has started its late-night service. / NICOLAUS CZARNECKI/METRO

Quoted

"It went very well. A lot of people took advantage of the new service — no problems."

Pesaturo

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Deadline for Obamacare strikes today

Get enrolled. If you haven't signed up for insurance by midnight tonight, you might have to pay a penalty.

Obama / NICOLAUS CZARNECKI, METRO

Although today's deadline to sign up for health insurance mandated by the Affordable Care Act, known to many as Obamacare, has been extended for some people, health insurers are still anticipating some last-minute scurrying in Massachusetts.

The Department of Health and Human Services, which administers Obamacare, announced last week that uninsured people who have tried to apply for health insurance through the federal marketplace but encountered difficulty will have until April 15 to finish the enrollment process. Those who fail to sign up face a tax penalty of a minimum of $95 or as much as 1 percent of your salary.

For insurers, this means the next two weeks will be very busy, but not nearly as busy as other states.

"We expect volume to increase over the next two weeks, but compared to other states, Massachusetts's backlog isn't anywhere near as significant, because we have a high insured rate of around 98 percent," says Kristin Lewis, vice president of government affairs and public policy at Tufts Health Plan, which is based in Watertown.

The high rate of those with insurance is due to the 2006 Massachusetts Health Reform Act, which funneled the majority of residents into insurance coverage. Lewis said she couldn't speculate on whether citizens can expect another new deadline after this.

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Top US general returning to Europe over Ukraine crisis

A woman and a child walk past police during a rally in the Ukrainian city of Kharkiv. / GETTY IMAGES

Tensions. The West threatened tougher economic sanctions against Russia if Moscow invades eastern Ukraine.

America's top general in Europe has been sent back early from a trip to Washington in what the Pentagon on Sunday called a prudent step given Russia's "lack of transparency" about troop movements across the border with Ukraine.

Gen. Philip Breedlove, who is both NATO's Supreme Allied Commander Europe and the head of the U.S. military's European Command, arrived in Europe on Saturday evening. He had been due to testify before Congress this week. Defense Secretary Chuck Hagel considered Breedlove's early return "the prudent thing to do, given the lack of transparency and intent from Russian leadership about their military movements across the border," a Pentagon spokesman said.

The Pentagon announcement came as Secretary of State John Kerry and Russian Foreign Minister Sergei Lavrov met in Paris seeking to hammer out the framework of a deal to reduce tensions over Russia's annexation of Ukraine's Crimea region.

Their aim is to develop a proposal conceived by Kerry and Lavrov at earlier sessions, with Western leaders considering broader sanctions against Russia that would target vital sectors of its economy, including its mainstay oil and gas industry. **REUTERS**

Sanctions

McCain looks to US companies in Russia if Putin pushes

The U.S. should consider forcing major American companies such as General Electric and Exxon Mobil to suspend business in or pull out of Russia if President Vladimir Putin attempts to take more territory from Ukraine or other neighboring nations, said Sen. John McCain of Arizona.

"I know that that's a tough call, and I know that we don't want to hurt our own economy, but what are the consequences of Vladimir Putin just being able to act?" McCain, a Republican who advocates military assistance for Ukraine, said this weekend in an interview on Bloomberg Television's "Political Capital with Al Hunt."

Such a move likely would come through formal sanctions rather than political pressure on individual corporations, McCain said, and "would only be considered" if Putin "went much further." In addition to GE and Exxon-Mobil Corp., the companies with the largest business interest in Russia include Ford Motor Co., General Motors Co., Citigroup Inc., JPMorgan Chase & Co. and PepsiCo Inc.

Putin has amassed tens of thousands of troops along the border, which McCain says indicates Russia may strike soon. **BLOOMBERG**

Reaching out

Russia: No plan to invade Ukraine after phone call

Moscow said it's making headway with the U.S. and the European Union in resolving the dispute in Ukraine after presidents Vladimir Putin and Barack Obama spoke. In an hour-long telephone conversation initiated by Putin, Obama asked for a written response from the Russian leader to a plan Secretary of State John Kerry presented in The Hague earlier this week, according to a statement from the White House. **BLOOMBERG**

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Mudslide. Mayor of small Washington town finds new role after disaster

Days after the mudslide left dozens dead and missing, Dan Rankin stood in a high school gymnasium and hugged tight a teenage girl reeling from the loss of her sister.

Before the March 22 disaster, Rankin's main tasks as mayor of the small logging town of Darrington, Wash., included overseeing town council meetings and resolving property line disputes in the community of about 1,350 people.

But since the mudslide about 10 miles west of town, Rankin's job has been transformed into that of comforting the grieving and articulating their anguish to the outside world.

"That scar on the mountain will never heal, nor will the scar in our hearts ever heal," Rankin, 52, told reporters. REUTERS

Remembering the lost

Churches honor mudslide victims

Churches offered prayers for the victims of last week's devastating mudslide in Washington state as the death toll from the disaster kept rising but the number of missing fell sharply.

The presumed body count rose to 28 on Saturday. But despite the grim toll, news also came that the number of missing fell to 30 from 90 as officials were able to account for dozens of people as "safe and well."

Funeral preparations are also beginning for those lost in the tragedy. REUTERS

Long search looms for missing Malaysia jet

Australian defense force ship. It has been fitted with a US black box locator and an underwater drone.

The search for missing Malaysia Airlines Flight MH370 could take years, U.S. Navy officials suggested on Sunday, as search and rescue officials raced to locate the plane's black box recorder days before its batteries are set to die.

Ten ships and as many aircraft are searching a massive area in the Indian Ocean west of Perth, Australia, trying to find some trace of the aircraft, which went missing more than three weeks ago and is presumed to have crashed.

The chief of the China Maritime Search and Rescue Center, He Jianzhong, told the Xinhua state news agency no objects linked to the plane had been found on Sunday, and that Chinese vessels would expand their search area.

U.S. Navy Capt. Mark Matthews, who is in charge of the U.S. Towed Pinger Locator, told journalists at Stirling Naval Base that the lack of information about where the plane went down seriously hampers the ability to find it.

"Right now the search area is basically the size of the Indian Ocean, which would take an untenable amount of time to search," he said.

"If you compare this to Air France flight 447, we had much better positional information of where that aircraft went into the water," he said, referring to a plane that crashed in 2009 near Brazil and took more than two years to find.

The U.S. Navy cannot use the pinger locator and other sonar used to listen for the beacons on the aircraft's flight data and cockpit voice recorders until "conclusive visual evidence" of debris is found, U.S. Navy spokesman Cmdr. William Marks told CBS' "Face the Nation" program. REUTERS

Malaysian officials observe a moment of silence in memory of the 239 people killed in the flight MH370 prior to the Malaysia Formula One Grand Prix in Kuala Lumpur, Malaysia. / GETTY IMAGES

Search area

685

Numerous objects have been spotted in the two days since Australian authorities moved the search 685 miles after new analysis of radar and satellite data concluded the Boeing 777 travelled faster and for a shorter distance. None has been confirmed as coming from Flight MH370.

KENNEDY LIBRARY FORUMS★ SPRING 2014

SPYING: FROM EISENHOWER TO OBAMA

Monday, March 31 • 6:00 p.m. to 7:30 p.m.

Andrew Bacevich, author and professor at Boston University; **Stephen Kinzer**, author of *The Brothers John Foster Dulles, Allen Dulles and their Secret World War*; and **Evan Thomas**, author and professor of Journalism at Princeton University, discuss American intelligence gathering and international surveillance policies over the last half century through the current NSA crisis. *Boston Globe* national security reporter **Bryan Bender** moderates.

PEN HEMINGWAY AWARDS

Sunday, April 6 • 2:00 p.m. to 3:00 p.m.

Patrick Hemingway, Ernest Hemingway's son, presents the PEN Hemingway Award for best first published work of fiction by an American author. This year's winner is **NoViolet Bulawayo** for *We Need New Names*. Pulitzer Prize-winning author **Geraldine Brooks** (*March*, *People of the Book*, *Caleb's Crossing*) is the keynote speaker. The ceremony also includes the presentation of the PEN New England Awards, honoring best works of fiction, nonfiction, and poetry by New England authors. This year's honors go to *News From Heaven* by **Jennifer Haigh**, *What Matters Most* by **Douglas Bauer**, and *Frost in the Low Areas* by **Karen Scolfield**. The Kennedy Library is the major repository of Ernest Hemingway's works.

50TH ANNIVERSARY OF THE CIVIL RIGHTS ACT

Monday, April 7 • 6:00 p.m. to 7:30 p.m.

Todd Purdum, author of *An Idea Whose Time Has Come: Two Presidents, Two Parties, and the Battle for the Civil Rights Act of 1964*; **John Stewart**, chief aide to Hubert Humphrey; and civil rights activist **Elaine Jones** discuss the legacy of the Civil Rights Act. WGBH radio host **Callie Crossley** moderates.

A CONCERT OF HOPE AND PEACE

Sunday, April 13 • 3:00 p.m. to 4:00 p.m.

WBZ News Anchor **Lisa Hughes** will introduce the Hawthorne String Quartet, who will perform pieces from Mozart and Previn, among others, and author **Richard Hoffman** will read a selection of poems. This concert of hope and peace, marking the first anniversary of the Boston Marathon bombings, is part of the citywide collaboration, BostonBetter.org.

A CONVERSATION WITH BILLY COLLINS

Tuesday, May 13 • 6:00 p.m. to 7:30 p.m.

Former Poet Laureate **Billy Collins** discusses poetry with writer and former *New Yorker* editor, **Daniel Menaker**.

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2

CULTURE

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Slimed at the Nickelodeon Kids' Choice Awards

Kaley Cuoco-Sweeting and Pharrell Williams got hit with the green stuff.

You have to kind of love the Nickelodeon Kids' Choice Awards — it's a chance for stars to get down, dirty and watch Adam Sandler finally win an award that isn't a Razzie.

Mark Wahlberg was the host of Saturday's shindig — he managed to go the entire night without getting slimed until the very end, thanks to comedian Kevin Hart as well as Wahlberg's three kids. "I can't believe my own kids turned on me," he yelped after getting drenched.

Magician David Blaine slimed himself in a crazy trick that made him appear to lose his own head (and what came out was slime instead of blood). Austin Mahone and Cody Simpson both got slimed, as well as Pharrell Williams (tricked out in SpongeBob SquarePants pajamas) and Kaley Cuoco-Sweeting.

Robert Downey Jr. did not get slimed — maybe because he won for best male butt-kicker. "This is the highest honor yet bestowed on me. I'm grateful, humble, the whole deal," the "Iron Man" star said. "You know I wasn't always a buttkicker. In fact, life has kicked my proverbial butt countless times in many ways for many years, until I decided one day to start kicking back. Now look at me!"

2014 Nickelodeon Kids' Choice Awards winners:

- **Favorite TV Show:** "Sam & Cat"
- **Favorite Cartoon:** "SpongeBob SquarePants"
- **Favorite TV Actor:** Ross Lynch, "Austin & Ally"
- **Favorite TV Actress:** Ariana Grande, "Sam & Cat"
- **Favorite Movie:** "The Hunger Games: Catching Fire"
- **Favorite Movie Actor:** Adam Sandler, "Grown Ups 2"
- **Favorite Movie Actress:** Jennifer Lawrence, "The Hunger Games: Catching Fire"
- **Favorite Animated Movie:** "Frozen"
- **Favorite Music Group:** One Direction
- **Favorite Male Singer:** Justin Timberlake
- **Favorite Female Singer:** Selena Gomez

JASON BELL, CAMERA PRESS VIA GETTY IMAGES

Prince George and Lupo crush it in new royal photo

The royal family has released a new official photo, and if it were any more adorable it would be a Buzzfeed quiz about kittens. The photo was taken as Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, look out a window at Kensington Palace while Prince George of Cambridge and Lupo (he's the family dog and does not get a fancy title) gaze adoringly into each other's eyes. In case you can't see, Prince George's sweater says "George" across the front in white stitching — like he isn't the most famous 8-month-old in the world.

Danielle Gori-Montanelli

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TV watch list

They're hugging because he finally met the mother. / RICHARD CARTWRIGHT

Reality

'Dancing With the Stars'

Robin Roberts appears as a guest judge this week, as another elimination occurs. The theme for the dancers? "The Most Memorable Year of Their Life." **TONIGHT AT 8, ABC**

Premiere

'Friends With Better Lives'

James Van Der Beek returns to TV in this sitcom. Unlike his last effort, "Don't Trust the B— in Apartment 23," he won't be playing a caricature of himself. Visit us online for our interview with the former "Dawson's Creek" star. **TONIGHT AT 9, CBS**

Comedy

'How I Met Your Mother'

The long-running sitcom draws to a close with the final installment of its experimental "every episode takes place over the same weekend" season, as Ted presumably meets the mother during the series finale. **TONIGHT AT 8 , CBS LISA WEIDENFELD**

'The Seagull' soars and induces roars

Review. The Huntington accomplishes the difficult task of making Chekhov funny.

Real-life mom and son Kate Burton and Morgan Ritchie play a mother and son in "The Seagull." / T CHARLES ERICKSON

Under the smart direction of Maria Aitken, the Huntington Theatre Company's current production of Anton Chekhov's "The Seagull" feels refreshingly funny (explosive ending notwithstanding). Paul Schmidt's translation is perfect for a modern American audience; a group of people of varying degrees of likability talk about plot-driving action you never actually see.

Kate Burton (of TV's "Scandal") and her real-life son Morgan Ritchie play narcissistic actress Irina Arkadina and her hapless son Konstantin. Though humor abounds, Irina's dismissive treatment of her son is far more disturbing than amusing.

For everyone else, laughter is fair game.

Meredith Holzman delivers caustic quips like a modern-day mean girl in a great turn as Masha, who wears black because she's "in mourning for [her] life." Nael Nacer is also riotous as her lovesick wisp of a husband, Semyon Medvedenko.

Masha not-so-secretly loves Konstantin, but his heart yearns for Nina, played superbly by Auden Thornton. Alas, Nina falls for Irina's man, the suave, sleazy author Trigorin (an impressive Ted Koch).

The look and feel of this "Seagull" may be different, but it's still Chekhov.

If you go

'The Seagull'

Through April 6
Huntington Theatre
264 Huntington Ave., Boston
$15-$99, 617-266-0800
www.huntingtontheatre.org

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Music is in the air this spring

As the weather warms up, so do the theaters. Celebrate April's arrival with some classical, jazz and opera.

These hands have played keys on some classic jazz tracks. / TOSHI SAKURAI

APRIL

Chick Corea

April 13
Wilbur Theater
246 Tremont St., Boston
$39-$75, 800-745-3000
www.ticketmaster.com
A member of Miles Davis' band in the late '60s, keyboardist Chick Corea was instrumental (pun intended) in the invention of jazz-fusion. Never one to rest on his laurels, he later dabbled in free jazz, Latin sounds and much, much more, having demonstrated himself over his career to be capable of pretty much anything.

APRIL

'Mendelssohn's Library'

April 4 and 6
Jordan Hall
30 Gainsborough St., Boston
$20-$84, 617-266-3605
www.handelandhaydn.org
Violinist Aisslinn Nosky leads the Handel and Haydn Society's orchestra in a program of works from Mendelssohn's own personal music library, including Handel, J.S. Bach and C.B.E. Bach, plus one of his own. Not discussed: Mendelssohn's bookshelf, but we like to imagine it's loaded with nothing but YA vampire fiction.

Marc-Andre Hamelin and Emanuel Ax

April 13, 3 p.m.
Symphony Hall
301 Mass Ave., Boston
$40-$105, 617-482-2595
www.celebrityseries.org
It's a treat to see these two piano masters on their own, but to see them together is something else. The program includes Brahms' sonata for two pianos as well as his No. 3 piano sonata, which Schumann called "an entirely brilliant performance that made the piano into an orchestra of lamenting and jubilant voices."

MAY

Alasdair Fraser and Natalie Haas

May 3, 8 p.m.
First Parish Unitarian, 3 Church St., Cambridge; $28, 617-876-4275; www.worldmusic.org
Alasdair Fraser is a master of Scottish fiddling, and Natalie Haas is a cellist keen on pushing the boundaries of her versatile instrument beyond its classical home and occasional forays into pop. Her Celtic cello is a revelation, and its combination with Fraser's virtuosity makes for a remarkable depth and breadth of sound from just two people.

Cliffside concerts just don't have the best acoustics. / IRENE YOUNG

MAY

'Samson'

May 2 and 4
Symphony Hall
301 Mass. Ave., Cambridge
$20-$86, 617-266-3605
www.handelandhaydn.org
For their season finale, the Handel and Haydn Society performs Handel's epic oratorio "Samson," which tells the story of the Biblical strongman whose only weakness was his bodacious hairdo — cut it off, and away goes his super-strength. But maybe his real weakness was falling for his wife, Delilah. After all, she's the one who did the cutting.

'I Puritani'

May 2 through May 11
Citi Shubert Theater
265 Tremont St., Boston
$30-$225, 866-348-9738
www.citicenter.org
The Boston Lyric Opera presents Bellini's last opera, which takes place during the English Civil War. Our heroine, Elvira, descends into madness when she comes to believe her true love has abandoned her for someone else. He actually was under the impression that the woman he absconded with was Elvira! And it only gets more complicated from there.

'Light, Wind and Sound'

May 10, 8 p.m.
Edward M. Pickman Concert Hall
27 Garden St., Cambridge
$10-$30, 617-354-6910
www.bmv.org
Boston Musica Viva closes out its season with an eccentric highlight: Brian Robinson's "A Field Guide to American Car Alarms," which, from what we can gather, is more or less just what it sounds like. More natural sensations are favored otherwise.

MATTHEW DINARO

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What's so funny. They say laughter is the best medicine, so get lose that wintery disposition with these comics

On stage

Lisa Lampanelli

May 3, 9:45 p.m.
Wilbur Theater
246 Tremont St., Boston
$42-$64, 800-745-3000
www.ticketmaster.com
Insult comic Lisa Lampanelli is frequently compared to Don Rickles and can make even the most high-minded, morally humorless types crack at least a smile.

Moshe Kasher

April 3-5
Laugh Boston
425 Summer St., Boston
$20-$25, 617-725-2844
www.laughboston.com
Moshe Kasher comes off initially as a harmless, waifish geek, which can make the darkness of his humor surprising. He exploits this confusion for all it's worth, more than happy to let you underestimate him. He's a comic who seems as pleased to provoke discomfort as to provoke laughter. His best jokes do both.

Jay Pharoah

April 25, 7:30 p.m.
Wilbur Theater
246 Tremont St., Boston
$25, 800-745-3000
www.ticketmaster.com
"Saturday Night Live" cast member Jay Pharoah's impressive stable of impressions, encompassing just about everyone from Denzel Washington to Gollum, is bound to draw comparisons to Eddie Murphy, so it's a nice irony that he also does a great Eddie Murphy. His subspecialty is hip-hop royalty, especially Jay Z, whose weird quavering vocal inflections and odd ejaculations he nails perfectly.

Upright Citizens Brigade

April 26, 7 p.m.
Wilbur Theater
246 Tremont St., Boston
$20, 800-745-3000
www.ticketmaster.com
One of the most established hot spots for initiation into the mysteries of improv comedy, New York's Upright Citizens Brigade has helped launch the careers of far too many awesome comedic talents to mention here. Chances are some of the unknowns you'll see will not be unknowns for much longer — but all of them will be very funny.

MATTHEW DINARO

Also on stage

Izzard is here in May.
GETTY IMAGES

Eddie Izzard

May 8 and 9
Citi Wang Theater
270 Tremont St., Boston
$46-$69, 800-745-3000
www.ticketmaster.com
British comic Eddie Izzard's act is full of geeky, surrealistic jokes about history, science, religion, movies, TV and so on, delivered in a muttering, digressive ramble that, however much it meanders, always ends up someplace funny. Izzard has also been appearing in NBC's creepfest "Hannibal" as Dr. Abel Gideon. He has not been eaten yet.

Peace Corps Information Session

Wednesday, April 2, 6:30 PM

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20M

Twenty million women and 10 million men in the U.S. suffer from an eating disorder at some point in their lives. Sign up for this Sunday's NEDA Walk to take a stand against unrealistic body ideals and support awareness. To pre-register, visit www.nedawalk.org/boston2014 or call 212-575-6200. Costs are $25 per adult, $15 per student and $10 per child under 12.

Head outdoors with a positive attitude. / AMANA IMAGES

SPRING CLEAN YOUR MIND

This has been an epic winter, but snowstorms, a polar vortex and slush can't take us down. Jump start this new season with a great attitude and you'll get that spring back in your step in no time. Follow my advice for spring cleaning the inner you and get ready to feel fresh.

Shake it up

Movement cleanses your mind and body. If you feel stagnant, jump on a bike, take a stroll through the park or do 10 jumping jacks. Keep it simple by committing to move in some way every day. Ten minutes of movement daily will clear your mind and energize your body.

Meditate briefly

One minute a day spent in stillness can change your life. Give yourself the greatest clearing of all and start a daily meditation practice. Simply breathe in your nose for five seconds, hold your breath for five seconds and release for five. Practice this breath pattern for one minute every day.

Let it go

The age-old closet rule, "if you haven't worn something in over a year, throw it out," applies to the mind, too. If you've been obsessing over something out of your control for over a year, it's time to let it go. Get honest with yourself about how you've been holding onto an outcome. Begin the releasing process by simply saying once a day, "I am ready to let this go." This simple affirmation will ignite the releasing process and let the mental cleanse begin.

Recycle the junk

Much like it's hard to part with old clothing items, it can be hard to part with old ideas. So rather than drop the belief altogether, I encourage you to replace it with a new one. Once you identify the negative beliefs that you've been holding onto, you can rewrite the script. Reaffirm a new belief that is more positive and energizing. For instance, if you've been saying, "I can't lose weight," recycle that thought with the affirmation, "This spring I'm ready to let go of the extra pounds." Rephrasing your limiting beliefs will give you the positive reinforcement to clean your negative patterns.

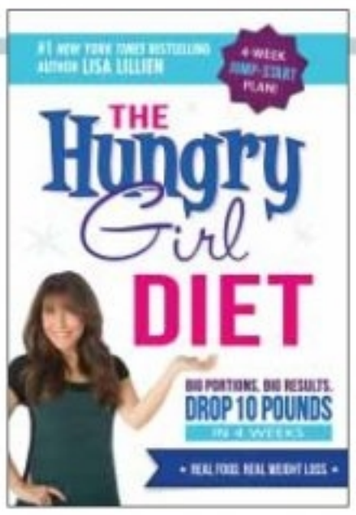
Metro does not endorse the opinions of the author.

Zen In The City

GABRIELLE BERNSTEIN

WWW.GABBYB.TV

Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores on April 8.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REAL FOOD. REAL WEIGHT LOSS.

Yum. Hungry Girl Lisa Lillien's new four-week plan incorporates her popular tips and recipes.

Lisa Lillien — known to her legions of followers as Hungry Girl — didn't set out to create a diet when she started the Hungry Girl empire, which has spawned cookbooks, a TV show and sprawling digs in L.A. dubbed "Hungryland." But she found that the questions she kept getting from fans were about putting her ideas — be they recipes, food swaps or general healthy living tips — into action. She consulted nutritionist David Grotto to come up with "The Hungry Girl Diet," a four-week plan that promises "big portions [and] big results." Here's what we learned about it when we chatted up the foodie maven.

It's whole-foods based. Lillien's recipes sometimes call for artificial sweeteners or packaged foods, but the basis of her diet plan is about eating clean. "There are so many ingredients that I use that are all natural, that are clean and still are perfectly aligned with what my brand is about. So I wanted to focus on those for this particular book," she says.

You're encouraged to dig in. "I took the time to find ingredients that you can eat a lot of, that give you large volumes of food that are extremely satisfying," Lillien says. "You wont be hungry on the diet."

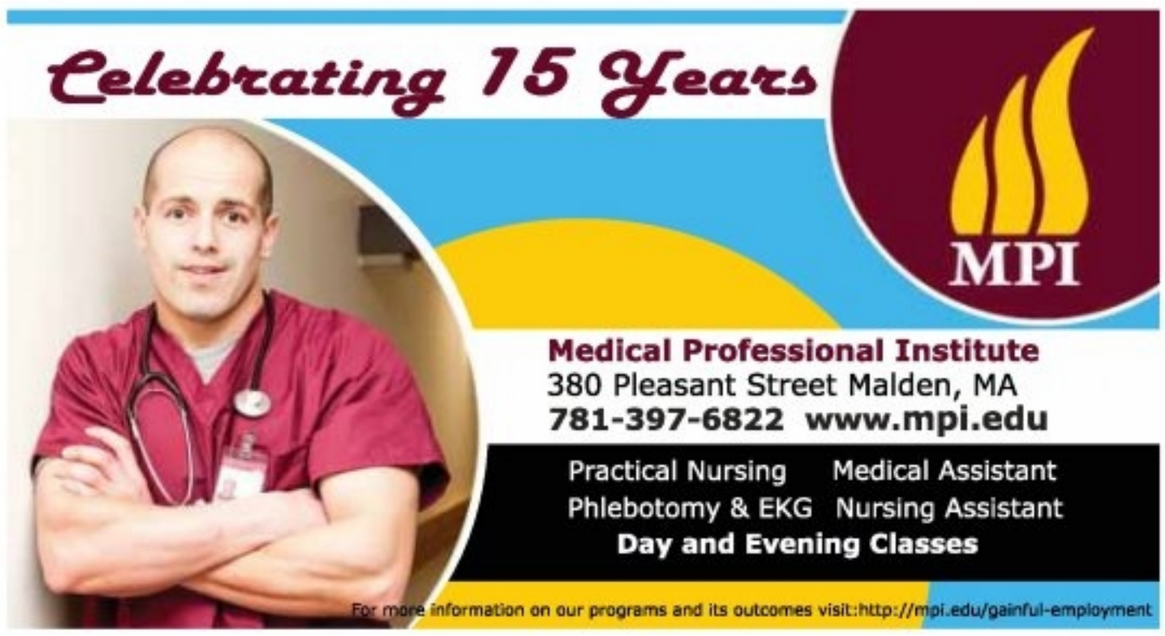
It has rules you can live by. This isn't some diet that has a start and stop date. These are healthy-eating rules that you can incorporate forever. "People who have 20, 30, 50, 100 pounds to lose, they were repeating the plan and taking from it whatever they wanted, and they continue doing it," Lillien says. MEREDITH ENGEL

Make her favorite morning meal

When she's short on time, Lillien loves Greek yogurt with sliced red grapes, almonds and some high-fiber cereal. But when she's in the mood to cook breakfast, growing oatmeal bowls are often her dish of choice. Blip this photo to get the recipe.

Quoted

"It was really important for me to have this plan be very true to the Hungry Girl brand and to import a lot of the philosophies that I've been talking about and promoting for years." Lisa Lillian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Attending events where you can meet alumni and fellow career-seeking students is certainly smarter than spending a day watching reruns, so get out there.
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BE YOUR OWN CAREER CENTER

Gone are the days when students could rely on their college career centers to prepare them for the real world — now it's on them. Students have to be accountable for their careers and seek out opportunities on their own. In a new study by my company and Internmatch.com, we found that almost 50 percent of students aren't using their career centers, opting to use online resources instead. According to the National Association of Colleges and Employers, the average ratio of students to career services staff is 1,889 to 1. It's no wonder almost a third of students in our study said their career centers were understaffed.

What's most alarming is that 61 percent say career centers are either never or rarely effective in helping them land a job. Clearly, students have to take matters into their own hands. Here's how:

1 Be proactive: Attend as many career-oriented college events as possible. If your school is bringing in a guest speaker or hosting a roundtable with alumni, you should attend. The worst outcome from going to an event like that is learning more about a different industry, and the best case is making a new connection that could lead to employment.

2 Get your campus career center to introduce you to alumni in your field. The most important asset that career centers have that they don't use nearly enough is their alumni database. Instead of just going into a meeting with your career counselor about your résumé and cover letter, ask for introductions to alumni that are employed at companies you're interested in. That connection is way more important than the format your résumé is in!

Jobs Advice

DAN SCHAWBEL

DANSCHAWBEL.COM

Dan Schawbel is a workplace expert, keynote speaker and author of the New York Times best-selling book, "Promote Yourself: The New Rules For Career Success."

Unplug

Handshakes matter

3 Meet people face to face to build your soft skills. In a past survey, we found that 40 percent of students feel like technology has hurt their soft skills, such as the ability to interact and build relationships face to face. Make sure you are disconnecting every day so that you can meet people and form stronger connections that can lead to jobs.

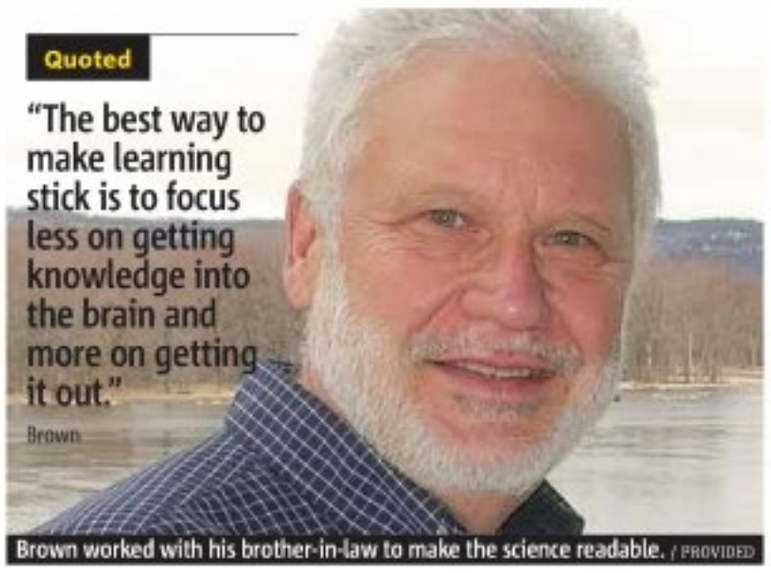
Metro does not endorse the opinions of the author.

Don't reread, remember

See more at www.metro.us

Quoted

"The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out."
Brown



Brown worked with his brother-in-law to make the science readable. / PROVIDED

Brainiac. Help your brain "Make It Stick."

Think repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of "Make It Stick: The Science of Successful Learning," out today. The work is the result of 10 years of research into the application of cognitive psychology to education practices by Henry Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis. They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

Brown has filled "Make It Stick" with illustrative anecdotes to support the academic theories. "When I heard what [Roediger], McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear."

For example, rereading texts and repeatedly practicing something won't really help you learn. In fact, most intuitive modes of learning also came up short. The book's suggested practices say that learning must be arduous. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?
The best way to make learning stick is to focus less on getting knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory.

How does that work?
When the brain encounters new information, the representation of that is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

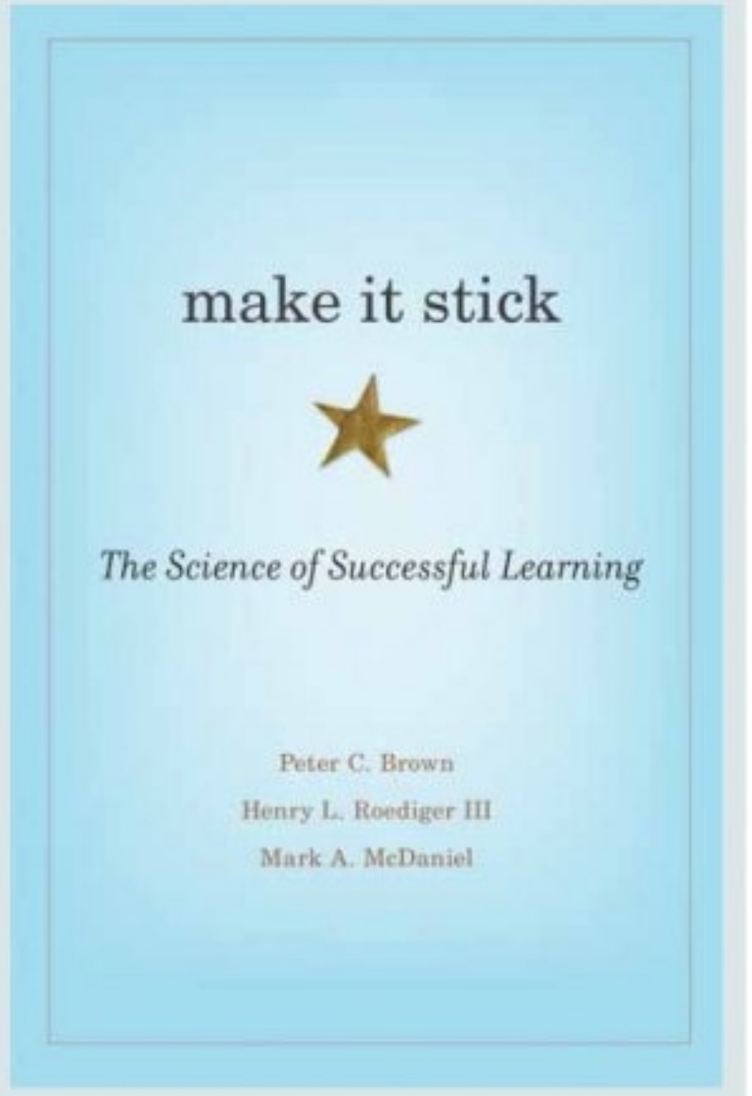
And then you suggest switching things around?
It's the arduous retrieval practice that strengthens learning. When you mix up your practice, and the retrieval is more difficult because you're constantly switching between different topics, and it doesn't feel like you're mastering them, you are building complex neural connections and a more versatile ability to recall and apply the learning later.

JANE BORDEN
@metronewyork
letters@metro.us

Difficulty sticks

"Don't bother rereading the text or watching the instructional video repeatedly," says Brown.

- "Instead, review the instructional material once or twice, then test yourself on the knowledge: Explain it, or practice the skill," he says, adding that it's good to also leave it alone for awhile. "Retrieve it from memory again when you're a little rusty. When you're struggling, it's great because that means your brain is engaged. If you want to remember something,



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VA Boston Healthcare System, Boston Globe, *Top Places to Work*, 2010, 2011, 2012, 2013

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Overcoming your unconscious bias and sunk cost fallacy lets you acknowledge a bad situation and move on.

"Psychologically, it frees you from the idea that you must persist," Bernstein says. "It places persistence as an equal, opposite force to disengagement and choosing another goal. Secondly, you train yourself to go about the business of making new goals and writing them down." Becoming happier, Bernstein argues, involves advancing toward goals you truly care about. "Are you moving closer to your intrinsic needs?" Bernstein says. "Mastering involves advancing your intrinsic goals and minimizing the parts of your life that are working against you." So go for it.

Quitting to get ahead

Not all quitters are bad. BLEND IMAGES

It's over. Leaving a job that is bringing you down can be a big boost.

Over and over, people are told that "quitters never win." But in "Mastering the Art of Quitting," readers are shown that learning how to let go can actually make them happier. The book, written by Peg Streep and Alan B. Bernstein, argues that quitting can be beneficial and that letting go might be a solution.

The book looks at why people continue to persist and shows readers how to fully disengage from goals that are unproductive. It also gives advice on handling the emotions involved in quitting and how to create better objectives moving forward. It is a "myth of persistence" in today's society that causes a fear of quitting for many people. "Sometimes you merely get stuck running in place," Bernstein says. "What we argue in the book is there's really an art to deescalating your connection to where you've been and disengaging."

Of course, the decision to quit something can be a very difficult. Bernstein describes making that decision in a two-step process: "You have to make an intellectual decision to disengage," Bernstein says. "Then you have to make an emotional one: You have to realize it's going to feel lousy. You're going to start feeling angry, but then, hopefully, you're going to make a decision to reactivate yourself." Choosing to reactivate involves an evaluation of goals. Finding the best way to meet those goals is an important step in the art of quitting. "That leads to a change in motivation where you decide where you're going to go," Bernstein says. "If you're really dedicated and want to get out of this, you write it down. You prepare yourself by deciding what [are] the potential downfalls of your new direction."

Bernstein also lays out several different factors that hold people back from cutting the cord. These factors support the so-called myth of persistence. "The sunk cost fallacy," Bernstein says, "goes into any situation where [you say] 'I put so much into it I should stay with it.'" That's not always a good solution.

Another factor the book highlights is the idea of unconscious bias, which is when "you get just enough praise to feel that 'next time I'll do it better,'" says Bernstein. "There's a hopefulness that comes from unconscious bias, but it ends up making people very anxious."

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Horoscope

♈ Aries | March 21-April 20. Use your energy wisely. Impress your employer with your abilities and willingness to tackle anything. Your efforts will be noticed and rewarded.

♉ Taurus | April 21-May 21. Stick to what you know and do best. Don't rely on colleagues to finish what you start. You will end up gaining nothing and having to redo the work yourself.

♊ Gemini | May 22-June 20. Change is in the air. Now is the ideal time to focus on your living space. Spruce up your home or look into a property investment.

♋ Cancer | June 21-July 22. Get out and mingle. Sign up for a new activity or take advantage of arts and recreation facilities close to home. You are likely to meet someone who shares your interests.

♌ Leo | July 23-Aug. 22. Your optimism could lead to trouble. Dreams are good to have, but deal with practical matters first. Focus on your career and take a realistic look at your financial situation.

♍ Virgo | Aug. 23-Sept. 22. Your artistic abilities will be on display today. The children in your life will be delighted to share a hobby with you, and you can enjoy things through youthful eyes for a while.

♎ Libra | Sept. 23-Oct. 22. You may feel as though you are stuck in a rut. Take time to catch up on your reading or finish a creative project that you had put aside.

♏ Scorpio | Oct. 23-Nov. 21. Keep your emotions in check. Although an interesting change may be taking place, you mustn't act in haste. Consider the outcome before making a commitment.

♐ Sagittarius | Nov. 22-Dec. 21. Your attention to detail will attract an influential person. Don't take on too many assignments at once, or you may fall short. Call in favors to get the help you need.

♑ Capricorn | Dec. 22-Jan 20. You may be uncertain and lack direction. Be honest about the way you feel. Spending some time with the youngsters will lighten your mood.

♒ Aquarius | Jan. 21-Feb 18. Strive to do your best, and don't allow criticism to upset you. Be confident in your judgment — you will be able to make wise choices.

♓ Pisces | Feb. 19-March 20. Don't hesitate to speak your mind. Accept an invitation that allows you to meet new people and broaden your outlook and interests. A romantic connection will enhance your life.

BERNICE BEDE OSOL

Letters

Won't print? No problem

Re: 'CTRL + (S)ave the world' (Metro, March 27) To non-techie Harvey Wachtel: I'm a techie who has trained non-techies for years. It's generally up to website designers to make things easier for you — it's called marketing — so occasionally you'll see "download as PDF," and there's your "save" feature. You can also purchase Adobe Acrobat or Distiller: Each will set up a new printer called "PDF" so that whenever you print anything from any website or application (Word, Excel, Outlook, etc.), you can send it instead to a PDF file.

J. ANDREW SMITH, VIA EMAIL

Letter writer Harvey Wachtel made a good point about always having to print confirmation pages for transactions. I have a solution that may be helpful to Harvey and others: Alt + Print Screen. (This is comparable to a screen shot on smart phones.) You can take a "print screen" of your confirmation pages, paste the image in an email to yourself or in a document, and you have it in your records! You can go as far as having a folder specifically for receipts and confirmation pages on your computer in your email. Simply use the title/subject line as your means to describe the transaction and it serves as a way to keep them organized.

KIRAN LORICK, VIA EMAIL

Tip questions remain

Re: 'Your tricky tipping questions answered' (Metro, March 25) Wait, wait, wait. Let's make this simple: If I purchase 10 draft beers at $2 per beer, that is $20. Tipping $1 or $2 per beer is either $10 or $20 extra, yet in the same sentence it states that a 15-20 percent tip on the total is also acceptable. So 20 percent of $20 is a $4 tip. Hmmm — $20 or $4? NICK MORELLI, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	7				6			8
			9	5		4		3
1	5					6		
		9		4	8			
2	4						5	6
			6	9		2		
		5					4	1
4		1		7	3			
8			4				2	

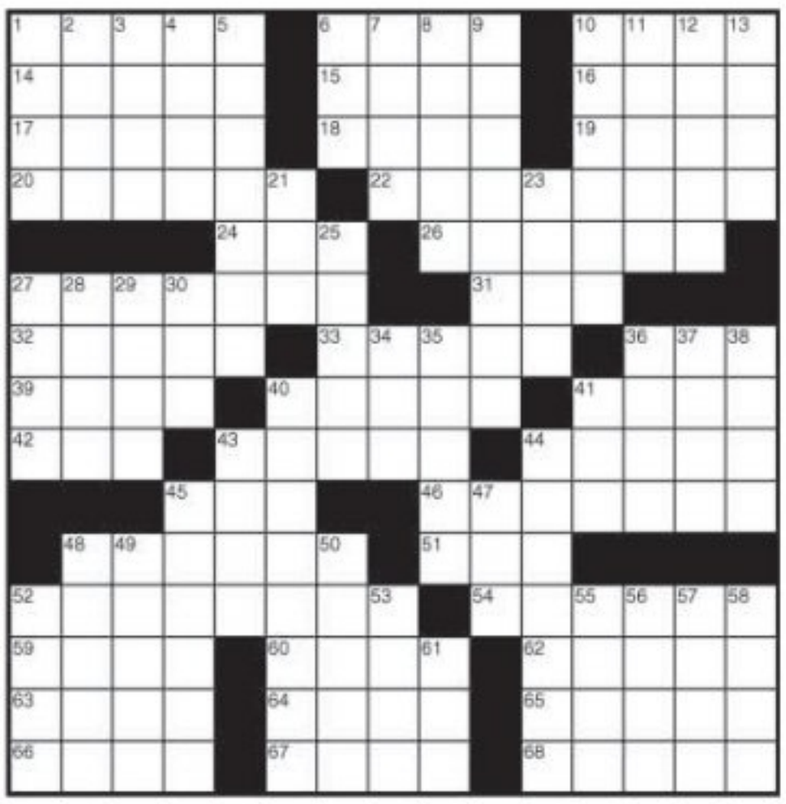
		6		8			9	
					3	2		
		3			6		1	8
		4		2	7			9
1			3		4			2
7			8	9		4		
9	1		4			6		
		2	6					
	5			1		8		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Batman's foe
6 Tick off
10 Bloke
14 Comic-strip queen
15 Freedom org.
16 Perambulate
17 Astronaut-turned-senator
18 Bargain
19 Dietary need
20 Pay
22 Dazzling
24 Winter Games grp.
26 Phonied up
27 Phoenix locale
31 Umbrage
32 Equip anew
33 Teen events
36 Lime cooler
39 Kiddie talk
40 Hint
41 Problem
42 Lennon's beloved
43 Bandmate of Mick
44 Lawn care brand
45 Keane of "Family Circus"
46 Necessitates
48 Rang
51 "Nonsense!"
52 Enticing the gullible (2 wds.)
54 Cashmere kin
59 DOS alternative
60 Maraud
62 Bea Arthur sitcom
63 Nota —
64 Klein of fashion
65 Mayflower pilgrim
66 TV genie portrayer
67 Cookout
68 Unwanted sound

Down
1 Sprees
2 Earthen pot
3 Hull part
4 Sicilian spouter
5 Grew profusely (2 wds.)
6 In a snit
7 Chills
8 Book jacket parts
9 Type of employee (hyph.)
10 Shrink
11 Vast multitude
12 Give a wide berth
13 Hang fire
21 Not hither
23 What the walls have?
25 Romantic isle
27 A Guthrie
28 Jockey's brake
29 In that case (2 wds.)
30 Address part
34 Tell on
35 Yellow pigment
36 Debate side
37 Wonka's creator
38 Self-images
40 Email predecessor
41 Tijuana "Mrs."
43 Brick baker
44 Hassock
45 Karen — (Isak Dinesen)
47 — de plume
48 Firmed up, as muscles
49 Speculate
50 Ms. Keaton
52 Country yokel
53 1492 caravel
55 Bright ring
56 Imported car
57 Bad day for Caesar
58 Ms. Russo
61 Pa. neighbor



Weekend's answer

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!

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SPORTS

March Madness

Final Four set for next weekend

There are no double-digit seeds in this year's NCAA men's basketball Final Four, but the field certainly has its unlikely participants. UConn, the No. 7 seed in the East Region, and Kentucky, the No. 8 seed in the Midwest, both won on Sunday to advance. Florida will take on the Huskies in the National semi-finals Saturday and Wisconsin, will face the surging Wildcats.

Watch online

Find a recap and video from yesterday's Bruins-Flyers game at: **Metro.us/sports.**

TURN THE PAGE

The Red Sox will raise another banner Friday, but after that it will be business as usual at Fenway as the focus shifts to 2014. / GETTY IMAGES

MLB. The Red Sox are looking to become the first repeat champion in Major League Baseball in 14 years.

The last Major League Baseball game played that mattered came on Oct. 30 and featured the Red Sox and the Cardinals. Five months and a day later, the Red Sox will take the field again for one that "counts," though Monday's showdown with the Orioles in Baltimore (3 p.m., NESN) will come with considerably less fanfare.

Don't think the defending World Series champion Sox feel slighted that they're starting the 2014 season in relative anonymity. Most are welcoming it. Boston's slogan throughout spring training has been "Turn the Page."

"There'll be a ring ceremony. There'll be a trip to the White House. Those are reminders that they should enjoy," Sox manager John Farrell said.

"But our focus is on what we need to do today."

Grady Sizemore was named Boston's starting center fielder. / GETTY IMAGES

By the numbers

141

The Red Sox owned first place in the American League East for 141 days last season. Much of their success can be attributed to their hot start, as they went 18-8 in April.

Sizable improvement

"After going through what I've gone through, all the negative things that have happened, it's a long time since I've had positive news."

Grady Sizemore, on winning the starting center field job

No team has repeated as World Series champions since the New York Yankees in 1999 and 2000. The Toronto Blue Jays repeated in 1993, but prior to that it had been 13 years in between repeat champions. On one hand, MLB is due for a group of back-to-backers. On the other hand, repeating in baseball is something inching toward improbable.

But the Red Sox seem well-positioned to reach 90-plus wins again, given that they bring back seven of the nine batters in the starting lineup from their Fall Classic triumph over St. Louis.

Gone is Jacoby Ellsbury in center field and Jarrod Saltalamacchia at catcher. Absent, for the time being, is shortstop Stephen Drew.

Entering is center fielder Grady Sizemore and catcher A.J. Pierzynski. Seemingly ready to take the reins at shortstop is 21-year-old Xander Bogaerts, who started at third base in Game 6 five months ago.

The odds of the 2014 Red Sox winning the World Series aren't favorable. Then again, their 2013 odds were much, much worse.

"[The goal] is to get back to a mindset that was there the first day of spring training last year, and not the most recent memory, which was a great one, but to recognize that there was a lot of work, a journey that went into getting that final out recorded at Fenway," Farrell said.

Five months from now, we'll have a much better handle on what kind of team the 2014 Boston Red Sox are. Our first glimpse of potential October magic comes Monday.

MATT BURKE
@BurkeMetroBos
matthew.burke@metro.us

Long, twisted summer

The Red Sox will have their work cut out for them if they want to have another 95-plus win season. A look at the slate:

- The Sox have a raw deal, literally, to start the season as they don't play in a warm-weather city until May 9, when they'll be in Texas. April features away games against the Orioles, Yankees and White Sox.
- The weekend of May 16-18, the Tigers will be in town looking to get revenge after their loss in last year's ALCS.
- Gone are the long stretches of interleague games in the middle of the season, as Boston's home opener will be against the Brewers.
- The Sox also see Atlanta in late May and are in St. Louis in early August.
- The Sox close out the regular season Sept. 26-28 at home against New York.

AL East preview

A look at the American League East, a division many predict to be the best in baseball:

- **Tampa Bay Rays:** The Rays once again have a tremendous pitching staff that will keep them in most every game this season. David Price, Alex Cobb, Matt Moore and Jeremy Hellickson lead a young but talented staff and the Rays added closer Grant Balfour to the mix this offseason. **Projection:** AL East Champs, 92 wins, 70 losses.

- **Boston Red Sox:** It's hard to expect the Sox to lead the league in runs again this season, especially with the loss of Jacoby Ellsbury at the top of the lineup. The team does return with all five of its starters, but staying healthy will be key, especially when it comes to Clay Buchholz. **Projection:** Wild Card, 89 wins, 73 losses

- **New York Yankees:** The Yankees' lack of offense was the major reason they finished 12 games behind the Red Sox last season, but they addressed that in the off-season by adding Ellsbury, Brian McCann and Carlos Beltran. The questions are on the mound. How will CC Sabathia bounce back? How will Masahiro Tanaka adjust to pitching in America? **Projection:** Wild Card, 87 wins, 73 losses

- **Baltimore Orioles:** Baltimore added Nelson Cruz to complement the power hitting Chris Davis and it should make the Orioles offense quite fun to watch this season. It doesn't seem like they have the pitching to hang with the rest of the AL East, however. Even with the signing of Ubaldo Jimenez it would appear Baltimore will miss the postseason for a second-straight season. **Projection:** 81-81.

- **Toronto Blue Jays:** Injuries plagued the Blue Jays last season, but if they can stay healthy they could exceed expectations and compete with the rest of the division. A year after their influx of talent from Miami, it looks as though they don't have the horses to keep pace with baseball's elite. They will be hurting on the mound, once again, for sure. **Projection:** 76-86

Peavy says he's not yet nursing home material

MLB. Jake Peavy is still in his early 30s and, now healthy, he's ready to return to his previous form.

When people hear the name Jake Peavy, they often think of a pitcher who has played for 12 years in the majors and may be headed down the back nine.

"I'm 32 years old and I get talked about like I'm a 40-year-old," Peavy said earlier this spring. "I feel like I have some good baseball ahead of me, and I hope to be a big part of this club."

Boston's No. 4 starter made his big league debut when he was just 21 years old with the San Diego Padres in 2002, so many just assume he's much older than 32. As reference, Peavy will turn 33 this May — which is actually just three years older than Jon Lester and four years older than Clay Buchholz.

On top of being a pitcher essentially in the prime of his career, the right-hander is finally entering a season fully healthy. Peavy spent eight seasons with San Diego, establishing himself as one of the best pitchers in the National League, taking home the Cy Young Award in 2007 while going 19-6 with a 2.54 ERA and 240 strikeouts in 223 1/3 innings.

During the 2009 season he was traded to the White Sox, and it was in Chicago where his health began to plague him.

"I got traded to Chicago with a bad ankle and pushed to get on the field when I was done for the year over there in '09. Me getting on the field that year, I let them see me in an altered state," Peavy said. "I had some success and I came back in 2010, I was kind of doing that because that was what they saw and that's how they coached me.

"I ended up blowing my lat out, ending the '10 season, which didn't go well. I came back in 2011 as quick as I could because you're making money, you want to be out there, and certainly wasn't the same. In 2012, we put together a good year and stayed healthy but still just didn't feel like I was anywhere close to what I used to do with a baseball. Then, obviously, last year. There's no doubt with a good offseason, I feel good."

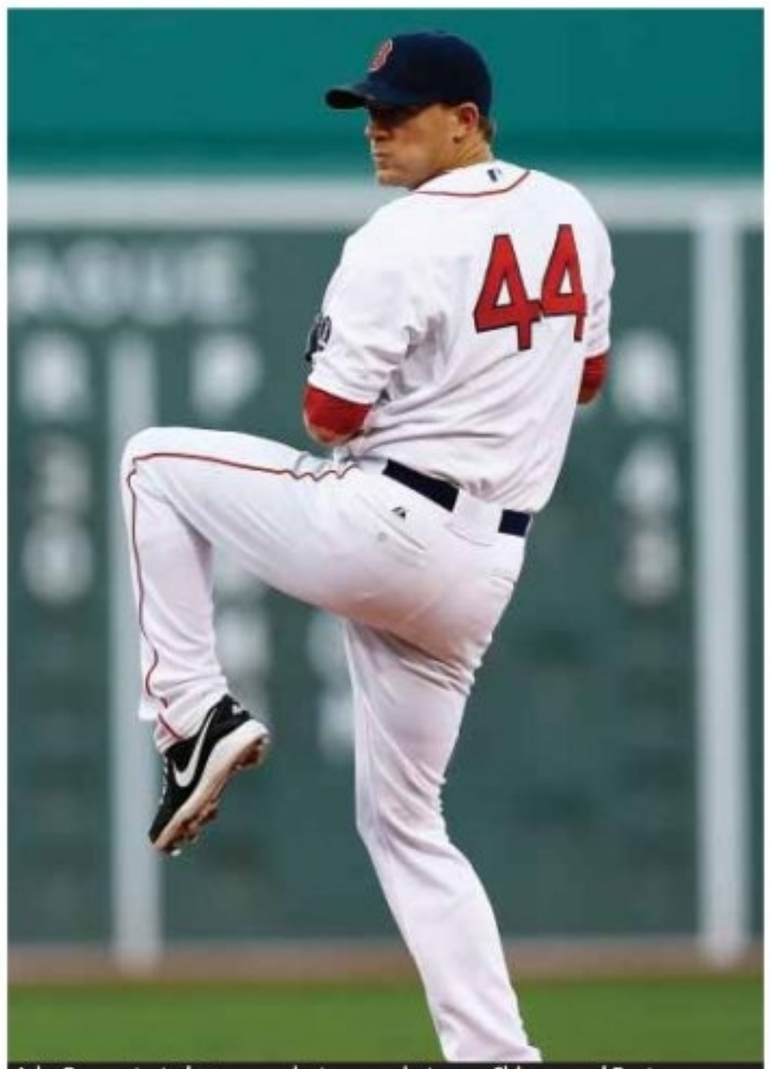
Peavy will enter 2014 coming off a season where he was traded to Boston at the deadline and went 4-1 in the regular season before making one start in each of the playoff rounds in Boston's World Series run.

RYAN HANNABLE
@Hannable84
sports@metro.us

Age is just a number

"I'm 32 years old and I get talked about like I'm a 40-year-old.'"

Jake Peavy
On the misconception about his age



Jake Peavy started 23 games last season between Chicago and Boston and posted a 4.17 ERA. / GETTY IMAGES

MLB. Victorino tweaks hamstring, could miss Opening Day and beyond

The Red Sox thought their outfield was set when they named Grady Sizemore the starting center fielder. In Boston's last spring training game Saturday, however, Shane Victorino aggravated his right hamstring.

Victorino returned to Boston on Sunday and will be examined Monday, according to WEEI.com. There is still the chance Victorino could play in Monday's season opener in Baltimore if there is no serious damage. If Victorino is placed on the 15-day disabled list, Jackie Bradley Jr. would likely be recalled. MATT BURKE

Shane Victorino tweaked his hamstring Saturday. / GETTY IMAGES

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Monday, March 31, 2014

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and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. App.§501 *et seq.:*

Nationstar Mortgage LLC,

claiming to have an interest in a Mortgage covering real property in **Boston (District of Charlestown),** numbered **8 Armory Street,** given by **Robert G. Hickey and Phyllis Hickey** to **Mortgage Electronic Registration Systems, Inc. as nominee for, 1-800-East-West Mortgage Company, its successors and assigns,** dated **November 13, 2007,** and recorded in **Suffolk County Registry of Deeds** in Book **42741,** Page **49,** and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **April 28, 2014** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on March 12, 2014

Attest:

Deborah J. Patterson
Recorder

3/31/14

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
SUFFOLK DIVISION Department Docket No. 05W1435

Summons By Publication

John Ransom, Plaintiff(s) v. Cheryl Crockett, Defendant(s)

To the above named Defendant(s):

A Complaint has been presented to this Court by the Plaintiff (s), John Ransom, seeking a Complaint for Modification

You are required to serve upon John Ransom - plaintiff (s) - attorney for plaintiff(s) - whose address is 112 Magnolia Street Dorchester, MA 02125

your answer on or before May 15 2014 If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer in the office of the Register of this Court at Boston

Witness, Joan P. Armstrong, Esquire, First Justice of said Court at Boston, this 14th day of March 2014

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